

WHAT IS CLAIMED IS:

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1. A kit comprising a plurality of hockey pucks for training purposes, wherein at least some of said pucks each comprise:

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(a) a first outer portion having a relatively light color; and

(b) a second outer portion having a relatively dark color,

wherein the relative size of said first and second outer portions differs in at least some of said pucks.

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2. The kit as defined in claim 1, wherein said second outer portion is on a flat surface of at least some of said pucks.

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3. The kit as defined in claim 2, wherein said flat surface is selected from the group consisting of a circular upper surface and a circular lower surface.

4. The kit as defined in claim 1, wherein said second outer portion is on a curved side edge of at least some of said pucks.

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5. The kit as defined in claim 1, comprising at least one puck having outer surfaces which are entirely said light color.

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6. The kit as defined in claim 1, wherein said relatively light color is white and said relatively dark color is black.

7. The kit as defined in claim 1 wherein said light color is light grey and said dark color is dark grey.

8. A hockey puck derived from the kit of claim 1.
9. A hockey puck derived from the kit of claim 5.
- 5 10. A hockey puck for training purposes comprising:
  - (a) a first outer portion having a relatively light color; and
  - (b) a second outer portion having a relatively dark color.
- 10 11. The hockey puck as defined in claim 10 wherein said second outer portion is on a flat surface of said puck selected from the group consisting of a circular upper surface and a circular lower surface of said puck.
- 15 13. The puck as defined in claim 11, wherein said second outer portion is on curved side edge of said puck.
- 20 14. The puck as defined in claim 10, wherein said relatively light color is white.
15. The puck as defined in claim 14, wherein said relatively dark color is black.
- 25 16. The puck as defined in claim 14 wherein said second outer portion is circular .
17. The puck as defined in claim 14, wherein said second portion is annular.
- 30 18. A method of training a hockey player comprising:
  - (a) providing a kit of hockey pucks as defined in claim 1;

- (b) selecting from said kit a subgroup of one or more of said pucks each having a relatively small first outer portion and a relatively large second outer portion;
- 5 (c) allowing said player to use said one or more pucks during one or more training sessions until said player becomes accustomed to using said one or more pucks;
- 10 (d) selecting from said kit a further subgroup of one or more pucks at least some of which have a larger first outer portion and a smaller second outer portion in comparison to the pucks previously selected;
- 15 (e) repeating steps (c) and (d) so that the player becomes accustomed to training with pucks having progressively larger second outer portion and progressively smaller second outer portions.

19. The method as defined in claim 18, further comprising selecting  
20 from said kit at least one puck having outer surfaces which are entirely said light color.

20. The method as defined in claim 18, wherein said player is a  
25 goaltender and wherein said first and second portions are located on a curved side edge of said pucks.

21. The method as defined in claim 18, wherein said player is a non-  
30 goaltender and wherein said first and second portions are located on a flat upper surface or lower surface of said puck or both of said upper and lower surfaces

22. A method of improving the ability of a hockey player to visualize the location of a hockey puck during a hockey game comprising using a puck as defined in claim 10 during training sessions.

23. A kit comprising a plurality of hockey pucks, wherein at least some of said pucks have outer surfaces configured to reduce the visibility of said puck against a light background as compared to regulation black pucks.